



Whatever time: Day. Night. Weekend.

Whatever the reason: Mental health distress. Substance use crisis. Thoughts of suicide.

The 988 Suicide & Crisis Lifeline is here for you.

Text 988 | Call 988 | Chat [988lifeline.org](https://www.988lifeline.org)

Frequently Asked Questions

What is the 988 Lifeline?

The 988 Lifeline offers support at no cost for people having thoughts of suicide, substance use crisis and other mental health needs.

What happens when a person calls, texts, or chats?

When a person contacts 988 they are connected with a crisis counselor. The crisis counselor listens and provides support. 988 Lifeline crisis counselors can provide information about local resources to support wellbeing.

Is 988 private?

A person does not have to give any personal information to receive help from the 988 Lifeline. The 988 Lifeline crisis counselor will only see a person's phone number if they call or text, or an IP address if they use chat.

How is 988 different from 911?

The 988 Lifeline supports mental health, suicide, and substance use distress needs. The 988 Lifeline provides easy access to emotional distress care. 911 focus is on emergency medical services, fire, and police, as needed. The 988 Lifeline works with 911 only if there is a risk to someone's life.